



COACH'S RESOURCE GUIDE

AD SIZE	BLEED SIZE	TRIM SIZE
FULL PAGE	7" x 9.375"	6.75" x 9.125"
1/2 PAGE	7" x 4.625"	6.75" x 4.375"
1/4 PAGE	4.5" x 4.5"	4.25" x 4.25"
2-PAGE SPREAD	13.75" x 9.375"	13.5" x 9.125"

ALL OTHER PUBLICATIONS

AD SIZE	BLEED SIZE	TRIM SIZE
FULL PAGE	8.125" x 10.75"	7.875" x 10.5"
1/2 PAGE	8.125" x 5.5"	7.875" x 5.25"
1/4 PAGE	3.875" x 5.125"	3.625" x 4.875"
2-PAGE SPREAD	16" x 10.75"	15.75" x 10.5"

ACCEPTED FILE FORMATS

- PDF X-1a (preferred)
- JPG & TIFF (300 dpi)

Files submitted in the wrong color, space or size could result in print errors.

FOR MORE INFORMATION on sizing options and artwork guidelines contact: info@insidepubs.com



*1/4 page ads will be inset (white border around the ad), they will not bleed off the page.